

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1.-56. (Canceled)

57. (New) A method for treating a disease selected from the group consisting of psoriatic arthritis, lyme arthritis, osteoporosis, or a combination thereof, comprising administering to person in need thereof, an effective amount of an oral composition which comprises:
- at least one unsaponifiable component from avocado oil;
 - and at least one unsaponifiable component from soya bean oil, lupin oil, or mixtures thereof.
58. (New) The method of claim 57, wherein the oral composition comprises at least one unsaponifiable component from dry avocado oil.
59. (New) The method of claim 57, wherein the oral composition comprises at least one unsaponifiable component from soya bean oil.
60. (New) The method of claim 57, wherein the unsaponifiable component of avocado oil comprises at least a fraction enriched with furan derivatives, at least a fraction enriched with polyhydroxylated fatty alcohols, or mixtures thereof.
61. (New) The method of claim 60, wherein the unsaponifiable component from soya bean oil, lupin oil, or mixtures thereof is mainly composed of sterols and tocopherols.
62. (New) The method of claim 57, wherein the oral composition has a weight ratio of the unsaponifiable component from avocado oil to the unsaponifiable component from soya bean oil, lupin oil, or mixtures thereof of about 0.1 to about 9.

63. (New) The method of claim 57, wherein at least one unsaponifiable component comprises a fraction rich in phytosterols, tocopherols, tocotrienols, terpenic and triterpenic hydrocarbons, natural antioxidants, or mixtures thereof.
64. (New) The method of claim 57, wherein the oral composition is used as a food additive.
65. (New) The method of claim 64, wherein the food additive is added to food in a proportion of about 0.1 to about 20 % by weight, relative to the total weight of the food.
66. (New) The method of claim 57, wherein the oral composition is used as a drug.
67. (New) The method of claim 57, wherein the oral composition is in the form of a food additive.
68. (New) The method of claim 57, wherein the oral composition is in the form of a drug.